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Adventure to Mt. Longonot and Hell's Gate National Park For two people; From the 9th to the 12th March, 2015

A tour of **Hell's Gate National Park** is well combined with a day hike on **Mt. Longonot**. Kindly note that there are several activities at Hell's Gate that include cycling, Abseiling on **Fischers Tower** that is ideal for rock climbing beginners and clients looking for fun. In case of cycling, 1-2 hours walk into **Ol Njorowa Gorge** is a fantastic activity.

Your lodge will have a **swimming pool**, and you may wish to bring a swimsuit.

Around **Lake Naivasha** too, boat riding that gives the advantage of seeing several hippo families and different species of birds, can be incorporated in the program. Therefore activities that a client would be interested in will provide an idea of how many days will fit their schedule.

The standard itinerary covering both areas and at the same time providing some of the activities particularly abseiling and walking in the Ol Njorowa Gorge, is as follows:



Itinerary

4 Days Mount Longonot, Climbing features Tower and Abseiling Escarpment walls at Hell's Gate National Park

Day 1, Monday 9th March: - Leave Nairobi early in the morning and drive west via Kikuyu Highlands to the Great Rift Valley. A stop at the Rift Valley viewpoint is a breath taking moment, providing an overview of the escarpments and the wide view of Mt. Longonot Crater. After an opportunity to photograph this “wonder of the world,” drive on to the floor of the Rift Valley. We can proceed towards Mt. Longonot National Park, equipped with a picnic lunch, and embark on a half day hike that takes 2 hrs to the Crater rim. You may be lucky and encounter some plains’ game (giraffes, different species of antelopes, zebras, and buffaloes). We can circumvent along the Crater to reach the highest point (2777m); complete the walk round the crater and drop at the Park gate. We can then continue to Hell's Gate for an overnight in the Lodge.

Necessary Equipment for the day: light hiking boots (terrain is dusty and rough); wind stopper jackets; a hat for sun protection; sun cream; light long trousers (to avoid bruises from the bushy trail.)



Day 2, Tuesday 10th March: - After breakfast in the Hotel, drive to the Hell's Gate National Park. Make several attempts on the Fischer’s Tower pursuing standard Rock climbing on 4 different professional routes. Abseiling along some adjacent walls will provide more fun. A tour of the park to explore potential wildlife later in the afternoon is more relaxing before retreating back to the hotel for an overnight.

Necessary equipment for the day: Sitting harness, helmet, special climbing shoes, 2 rocking carabiners And some gripping gloves (to protect from bruises.) We can provide some at a small extra cost.



Day 3, Wednesday 11th March: -This is a good opportunity to cycle from the Hotel to Hell's Gate Park. Or, cycling can start from the Gate for some 10km to the Ol Njorowa Gorge. There is an abundance of wildlife, namely, buffaloes, zebras, warthogs, giraffes, impala, and gazelle, as they roam freely around the waterhole. The Canyon is spectacular, and a 2 hour walk inside will provide enough exploration to even see some hot springs. Cycle back to the gate or back to the Hotel for overnight.

Necessary gear for this day: Normal trainer shoes, light clothes, sunglasses, drinking water, cookies!



Day 4, Thursday 12th March: - Breakfast may not be necessarily early, relax!. This is followed by a boat tour of Lake Naivasha to explore the only fresh water lake in the Great Rift Valley; see hippos and a variety of bird life. It is important to visit the adjacent Elsamere study center; tour the museum to experience some history of Joy Adamson's conservation work; have time to watch the Born Free Documentary Movie, while you enjoy a cup of high tea and snacks. After this, maybe it is time to drive back to Nairobi, having completed a thorough tour of the Hell's Gate and the South Lake.

What to wear: Light clothes, maybe wind stopper while on the boat, sunglasses, sandals or lighter shoes.



This is more of an outdoor adventure involving physical activities rather than a safari. It is more involving to the adventurers, making them feel part of it. It can be a good start before a Mt Kenya Climb, because the walk up to Longonot, and Rock climbing on fishers Tower, will serve as a warm-up by raising the moods and spirit required to climb Mt. Kenya.

The cost of this adventure for two people will be US\$1,452 per person sharing accommodation.

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The cost Includes:

Full Board accommodation at the beautiful Sopa Lodge

Park fees

Guide allowance

Climbing fees

Guiding fees into Ol Njorowa Gorge

Bicycle hire

Ropes for climbing

Museum fees

Light trail food, and water

Boat ride for one hour

Pick up and drop off from and to Nairobi with a custom built Toyota Land Cruiser

Game drive in Hell's Gate

Professional, English speaking driver/guide, plus your Adventure guide

Relevant taxes



The cost excludes:

- Any equipment you do not have of your own mentioned above, or that is not already included, is available for hire at a small extra cost (such as sitting harness, helmet, special climbing shoes, 2 rocking carabiners, gripping gloves)
- Any items of personal nature such as beverages, laundry, telephone calls.
- International flights and visas to Kenya
- Any change in itinerary
- Tips / gratuities for your driver / guide and camp / lodge staff
- Travel & Medical Insurance

Whilst As You Like it (Safaris) Ltd., will ensure that, within their power, they take reasonable care, they cannot be held liable for any mishaps not caused by them.